Decision-Making Exercise

Try the following exercise, adapted from *The Pathfinder*, by Nicholas Lore, to help you better understand your decision-making style.

Write down three important decisions you have made over the last few years.

1. _____
2. _____
3. _____

Think about how you made each of these decisions. What models and styles did you use? Did you start with one method and then switch to another?

Write down how the process worked for the each decision. How well did this method(s) work for you? Did you get what you wanted? How well has the decision held up over time? If you didn't feel you made the right decision, how did the method fail you? If you switched to another method, could the outcomes be improved?

People make decisions using different styles. Some like to be logical and rank their options using a scale. Others like to use more subjective factors like their feelings and gut instincts. Yet another method would be to speak with others whose opinions you respect and trust. It is a good idea to use all three methods in making your decisions. First, look at your options objectively in terms of how it measures up to your desires, priorities, and needs. Then look at your options subjectively and gauge which options feel right. Finally, consult a few people you believe would have the ability to help you accurately assess your options – this might be a mentor, a trusted colleague, a significant other, or a career counselor. Once you have thoroughly considered all your options, make a commitment to move forward and take action on your decision!